SAN BRUNO

The City of San Bruno and San Bruno Fire Department

Presents



Community Emergency Response Team (CERT) Training FREE!

Here is your opportunity to become a trained member of "CERT", the City of San Bruno Community Preparedness Program. Participants in this 20-hour series of classes will learn how to be part of neighborhood response teams, cross-trained in basic emergency skills. Each class emphasizes skills that will be practiced during a hands-on session at City Hall Room #115, 567 El Camino Real, San Bruno.

Tuesday, April 5, 2016 Disaster Awareness and Preparedness Disaster types, history and probability.	Tuesday, April 12, 2016 Basic Disaster Skills Natural gas, water and electrical controls: why
How to prepare before it happens.	when and how to shut them off.
What to do when a disaster strikes.	 Types of fire and use of extinguishers to put the fire out.
Tuesday, April 19, 2016 Medical Health considerations for the rescuer. Opening the airway. Stop bleeding and controlling shock. Triage. Burns, fractures, and other injuries.	 Thursday, April 28th, 2016 Light Search and Rescue Different types of construction and where to look for damage. How to classify damaged buildings. Building marking system. Interior search patterns. Lifting heavy objects and mechanical advantage. Victim carries.
Tuesday, May 10th, 2016	Thursday, May 12th, 2016
Disaster Psychology & Terrorism	Team Communications, Organization and
Team Well-Being	Management
Working with Survivors' Trauma	 Composing emergency messages
Terrorist Targets	 Hands on practice with MURS Radio
Preparing at Home and Work	CERT Incident Command System; managing the disaster. Documentation

Saturday, May 14th, 2016

Skills Development and Application

- Extinguish fires.
- Triaging and treating victims.
- Extricating victims trapped by heavy timbers.
- Interior search for reported missing persons.
- · Course Review.
- Graduation Ceremony

All classes will be held at City Hall #115, 567 El Camino Real, San Bruno, CA 94066 from 6:30 PM to 9:00 PM, except for **Skills Development & Application**, which will be held at San Bruno Fire Station 51, 555 El Camino Real on Saturday, May 14th, 2016 from 8:00 AM to 3:30 PM.

Please wear comfortable shoes and clothing to the last class.

For registration contact the San Bruno Fire CERT Hotline (650) 616-7015 or visit our website at https://sanbrunocacert.samariteam.com. Click on the "San Bruno Cert Sign-Up" Link in the left column.